

**DISCIPLINE SPECIFIC ELECTIVE
(THEORY)
SEMESTER VII
METHODS IN PHYSICAL EDUCATION-I**

Max. Marks =100

Theory = 70 Marks + Internal Assessment = 30 Marks

BES-E702

Time allowed: 3Hrs

The Course learning outcomes (COs): On completion of the four years B.P.E.S, program, the students will be learning and able to do/perform the following.....

CO-1. Define the Meaning and types of Teaching Methods.

CO-2. Discuss the Presentation Techniques in Physical Education.

CO-3. Generalizing the Methods of Words of command.

CO-4. Determining the knowledge to Lesson Planning.

CO-5. Applying the knowledge to take Lesson Plan in different categories.

CO-6. Reviewing the impact of all units in conduction of competitions.

Unit I

(A) Meaning

Meaning of the term "teaching method" its scope and importance

The factors to be considered in determining the method of teaching.

(B) Types of method

Part-whole method, whole part method, command method, discussion method, project method, demonstration method, imitation method

(C) Principles of teaching

Unit II Presentation Techniques

(a) Personal preparation.

(b) Technical preparation.

(c) Steps of presentation.

(d) Command and their techniques.

(e) Situation which require different words of command.

(f) Types of class management.

Unit III Lesson planning

Types of lessons and their values

Types of lesson planning: - General lesson plan, coaching lesson plan, Classroom teaching lesson plan

(a) Objectives of different lesson plans and part of the lesson introductory and development.

(b) Skill practice/group work.

(c) Class activity/recreation part (reassembly revision and dismissal).

Unit IV Organization and conduct of competitions

(a) Tracks and field

(b) Gymnastics.

(c) Weight lifting, body building and best physique contest.

(d) Wrestling and combative games.

(e) Swimming, diving -aquatics.

(f) Games and sports tournaments.

References:

- Tirunaryanan, c. and hariharan, s. methods in physical education, karai kudi south india press, 1962.

- Kozman, b. cassidy, rosalind and jakson, c.d., methods in physical education, london: w.b. saunders company, 1960.

- Knapp, clyde and hagman, e.p. teaching methods for physical education, new york: mc graw hill book co., 1948